



FORM develops first from rest and the strength that comes of rest. A tired, weakly figure will sag and bend and want elasticity. Overworked figures settle down and lose two inches of height by the pressing together of the parts of the body. That is why women seem and are shorter after middle age. On rest depends the length and suppleness of limb, and women should know how to take advantage to secure rest and conserve strength. Girls must be trained to take rest at proper seasons, whether they feel tired or not, and the woman must continue this exact and special care of herself as the foundation of her well-being. A day or two laying off, at the right time, having her breakfast in bed and spending the day in the luxury of a wrapper and a lounge, will make the difference between a blithe, active creature the next few weeks, or one who goes about with a constant ache and fatigue. I know one woman who sends the family off to the seaside in Summer, and shuts up herself to the most luxurious and wholesome solitude, orders things she likes best to eat, books from the library and any little indulgences she happens to fancy, and rests gloriously from week's end to week's end, coming out bright and able, as she could not from the exactions of hotel life. Dr. Hosmer, the father of Harriet Hosmer, the sculptor, one of the acutest of New England physicians, used to drive around the circle of his practice in house-cleaning seasons, telling women to lie down and rest when tired, as half an hour at full length on a lounge would refresh the whole body more than three hours sitting in a chair. The periodical rest should be insisted on by every mother as long as she lives to watch over her daughter. Without it shoulders grow broad and the gait dragging. With rest the step is elastic, the form well upheld, the bust firm, the limbs retain elegance and shape. Work while you work and rest while you rest, should be the rule for every girl and woman.

The bath is a great aid to refinement of figure, and properly used will prevent obesity. Women undergoing the strain of work and care that often falls to mothers and housekeepers should insist on their warm baths, from 90 to 112 degrees, which refresh one like sleep, for the simple reason that they wash away the waste which clogs the vessels of the skin; this relieves the veins, sets the arteries flowing more freely and rejuvenates the whole system. After a night's watching, a very warm bath will restore one like four or five hours of sleep and with a bath and three hours' rest, one can support a strain for weeks, which else would be impossible. The douch of cool or tepid water after the bath is wonderful for hardening and developing muscle, but can be used only a few minutes without injury. Spraying the calf of the legs, the abdomen, the hips, the chest, will strengthen and render the figure of wiry hardihood, with due care on other points. A gentle douch and spraying of the bosom is the only means to be recommended to increase the bust. The hip bath indirectly does much to secure a firm bust and a good carriage of the shoulders. But a woman should never take a bath of any sort to make her shiver. The shower bath is too much of a shock for the ordinary nervous system.

After advising the duty of rest, it will sound strange to urge the value of hard work in keeping a good form, but the two supplement each other. Hard work is not overwork, but rapid, steady work that pulls muscle into play and sends the blood and sweat flowing finely. Perhaps you will hear better what that polished physician and man of the world, Dr. Weir Mitchell, says on the subject. "I think it fortunate when women are so situated as to have to do things about the household which exact vigorous use of the upper extremities. Nothing is a better ally against nervousness or irritability in any one than outdoor exercise or pretty violent use of the muscles."

It is the only way to gain and keep a good form. Now, you may take your exercise as English ladies do, in walking twenty miles a day, or in doing three, four or five hours' of housework as it ought to be done. That is the way women do it who are brought up to housekeeping in the East and Northwest, who accomplish in half a day three times what a city servant does in a whole day.

I fancy we women will have to come to it for want of decent, ordinary servants, and we may as well do it gracefully and pretend it is for beauty's sake. I know beyond peradventure that a sound, healthy woman can, in five hours a day, three in the morning and two in the afternoon, do all the needed work of a family of six, living in plain style, which omits none of the essentials of good breeding or taste. The secret is practice and dispatch, and such a woman, with baths, clean linen and two hours out of doors, will have the figure of the Venus Victrix without further physical culture. She may dawdle over the same work all day, and be just as tired and heavy-footed as Bridget, who wears herself out standing round, instead of having sense to rush through the work and sit down three or four hours a day. Thus daily, rapid, necessary duty, varied hour by hour, knits and braces the figure as nothing else does. If you want the grand, sloping shoulders of the Venus, which make the waist small in proportion, you can find no exercise equal to pumping water, and if you have a force pump about the house, reserve the use of it for yourself. Begin with ten minutes' work, the wet towel pinned tightly round the hips, corset off and a loose,

morning gown on, which is the best modern version of the Greek robe. Wet the head well, for the exercise will pump the blood all over the body, heating the temples and spine; roll up your sleeves, and go to work, moderately at first. In ten minutes or less, quit, sponge off the muscles that quiver and burn, drop into an easy seat and rest five or ten minutes; then pull again, resting and working for an hour. Keep this up a month, and you will not know your shoulders and arms for the same. Walker, in his well-known work on "Artistic Beauty," says the absence of fine arms in women is due to long sleeves and want of exercise. Pumping, sweeping, spinning, throwing stones at a mark, playing quoits, are all better than tennis or rowing to secure finely modelled arms and bust. The way to get the most benefit

from work is to time one's self and see how much can be done in a quarter of an hour, a half hour and so on, till the sweat flows, that great restorer of the complexion and refiner of the figure. It carries off the grossness of the body, and though it is a proverb in outspoken districts that such a one is "too proud to sweat," and I have heard ladies of middle station in society aver that they never perspire, as if it were a sign of gentility, they never fail to pay the penalty in sallowness of face and adipose. The moderate, easy-going woman grows fat. The active, quick-footed one keeps down her flesh and shows as trim a waist and ankle at forty-five as she had at twenty. That fatal thickening at the back of the neck, by which men profess to know when women are past forty, is an unnecessary consequence. The woman who uses the shoulder, freely and rapidly will show as flat and fine an outline of the back at eighty as the beautiful Italian "Reading Girl," and there is hardly a pleasanter sight after the roses and lily figure of sixteen, than one of these trim, alert ladies of sixty, with a waist as fine as that of her own granddaughter. A woman who is too fine to work is too fine to be fair, and will be stout—the one fatal defect in a woman of any age. To secure the round slenderness, which is far enough removed from vulgar plumpness, care must be given the nutrition of the skin. The hot soap and water bath should be taken and the skin dried in a warm room by this rubbing with a towel. Friction with the hand should follow, and when the skin glows to redness it is to be anointed from head to foot with pure olive oil or almond oil. These are chosen as being nearly identical with the composition of human fat and quickly assimilated. When rubbed with oil, the person should sit over a hot air register or in a sunlit window till the oil is absorbed. The skin will take in this way ten times the nutriment the stomach is able to manage, and the result, in very emaciated bodies, is a marked softness, translucency and gain in flesh. The rays of the sun, falling directly on the face, have the most potent effect, increasing its activity for the exchange of worn-out particle and deposit of new ones.

In cases of violent headache it frequently acts as a great relief to bathe the forehead with a sponge wrung out of water as hot as you can bear it. Repeat this as often as the sponge cools. When the head feels tired, it is refreshing to dash on the forehead some cold water, wipe it off, and lie down for a while. Closing the eyes for a few minutes at odd times during the day has a wonderfully beneficial effect, and will ward off many a headache if persisted in.

In many cases of inflammation an ice poultice is a very useful application. It is made in this way: Spread a layer of linseed meal three-quarters of an inch thick on a piece of cloth, and upon the meal put at intervals lumps of ice about the size of a marble. Sprinkle meal over the ice, and cover all with the cloth, turning the edges over. In this way the ice will last much longer than it otherwise would, and the poultice will be quite comfortable.

Women Old and New.

Nowadays the women grow
New, instead of old, I know;
But, methinks, a unique grace
Fills sometimes an old, old face.

K. R. C.



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